



Honey–Poppy Seed Salad Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup apple cider vinegar
- 1 tablespoon dijon mustard
- 0.3 cup honey
- 0.5 teaspoon kosher salt
- 1 tablespoon poppy seeds
- 0.3 cup vegetable oil

Equipment

bowl

whisk

Directions

Place the vinegar, honey, mustard, poppy seeds, and salt in a large, nonreactive bowl, season with pepper, and whisk to combine. While whisking constantly, slowly add the oil until all of it is incorporated. If not serving immediately, refrigerate the dressing in a container with a tightfitting lid for up to 2 weeks.

Nutrition Facts

 **PROTEIN 1.02%** **FAT 69.29%** **CARBS 29.69%**

Properties

Glycemic Index:40.32, Glycemic Load:9.21, Inflammation Score:-1, Nutrition Score:3.5552173430181%

Nutrients (% of daily need)

Calories: 243.54kcal (12.18%), Fat: 19.23g (29.59%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.87g (6.5%), Sugar: 17.6g (19.55%), Cholesterol: 0mg (0%), Sodium: 334.38mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 33.63µg (32.03%), Manganese: 0.25mg (12.33%), Vitamin E: 1.54mg (10.27%), Calcium: 38.01mg (3.8%), Magnesium: 11.21mg (2.8%), Fiber: 0.67g (2.67%), Phosphorus: 26.22mg (2.62%), Selenium: 1.77µg (2.53%), Copper: 0.05mg (2.51%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.26mg (1.72%), Potassium: 48.75mg (1.39%)